



*Vaughn Lawrence*

*Naturopath & Herbalist*

---

## **Partnering with God in Health and Wellness Series**

### ***Class Four***

### **Understanding Wheat, Dairy, Corn and Soy**

#### **I. THE FOODS YOU ARE EATING SHOULD DEPEND ON YOUR CURRENT STATE OF HEALTH**

- A. It has been made clear in past classes that we should be eating foods created by God in their most unprocessed, raw and natural forms. 100% of the time, people benefit from eliminating processed foods from the Standard American Diet (SAD) and turning back to God and His creations in original form.
- B. If you are in a general good state of health, you should be able to eat everything that God created in its purest form. You may need to learn some sprouting and soaking techniques, but generally speaking, you should have no problems with any natural foods. So why do we have so many problems with even whole, natural, unprocessed foods?
- C. Many people today have very compromised bodies and various health problems. In this case, you very well may NOT be able to eat all of God's foods in their original form, at least for a designated season of your life. This is where many people become confused regarding health. Every person is unique and every health situation is different. How do you know if you have a health concern where you may need to use wisdom in your food choices?
- Skin problems (eczema, psoriasis, rosacea, acne, etc.)
  - Obvious food reactions, allergies and sensitivities
  - Auto-immune condition (Rheumatoid Arthritis, Lupus, Crohn's, Hashimoto's, etc.)
  - Autism, ADD, ADHD, Dyslexia, Depression, Schizophrenia and any behavioral/emotional disorder
  - Anorexia, Bulimia
  - Chronic headaches and/or migraines
  - Any infectious issue (virus, parasite, fungus or bacteria)
  - Diabetes, Cancer or Heart Disease
- D. Yes, we have processed and damaged our food supply in a major way, **but a bigger problem than the food itself is the lack of health in our own bodies.** In a compromised body it is important to choose God's foods wisely. You will want to learn which foods your body will require based on your current needs.

## II. WHEAT, CORN AND OTHER GRAINS

A. Wheat and other grains have been a staple food for cultures throughout history. The Bible speaks of various grains regularly.

***Also take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself. (Ezekiel 4:9)***

B. Grains from a historical perspective have remained basically the same. They were grown in a field, harvested and used in their whole, original form for food. When sitting in a field, they would begin to sprout naturally and it was in this sprouted form from which the food was produced, such as bread and cakes.

C. During the industrial revolution, machines were invented such as combines. With these machines, you could harvest the grain and immediately store the grain in large bins. The grains never had access to moisture or sunshine, and they no longer sprouted naturally.

D. Since then, not only has sprouting been eliminated, but so has the nutrition. In order to increase shelf life and reduce spoilage, the nutrition from the grains is removed completely. This means the germ, bran, vitamins and minerals are all extracted. It can no longer be considered a whole food at this point. In 1872, roller mills replaced the old stone mills. Grains were milled and sifted over and over until white flour became the result. This was perceived as the food of royalty, only available to the rich and elite!

E. For decades, food companies have attempted to **“fortify”** their non-food and food-like substances. This is done for marketing purposes and trying to replace what was stripped away. You cannot alter God’s original design and then attempt to add synthetic and cheap vitamins and minerals back in to create health. *The body understands whole foods.* Anything fortified, which we see so common in processed foods, cereals, milk, bread, etc., is a sign that this is a non-food and should be avoided.

F. **Hybridization.** Hybridization is cross-breeding the plant to obtain a desired result. Wheat and other grains today are nothing like those of our ancestors. Wheat has been hybridized to make it resist insects, stand up straighter and taller, have a higher protein content, a higher gluten content, tolerate poor soil and water conditions, and thrive off chemical fertilizers. Wheat has suddenly turned from a food into a food-like substance. Ironically, we don't often see the same problems in other countries that don't process their foods to such an extent nor add various chemicals as we do in America.

G. All of the above processing has been done for one reason: *The Food Industry*. Wheat tastes good to people (especially combined with tons of sugar in today’s food supply), it holds ingredients together well like a glue, and it is cheap and widely available. **As with sugar, wheat can be addictive when concentrated into white flour.**

H. Gluten is a protein molecule contained in certain grains that is very difficult for people to digest. The big gluten containing grains are BROW. Barley, Rye, Oats and Wheat. You can buy gluten free oats. Animals should not be eating these grains either, which is why we have so many problems with factory farms today and also why our domesticated pets are getting arthritis, cancer and other ailments.

I. ***The rise of GLUTEN intolerance and the birth of the gastrointestinal epidemic.*** Because of the hybridization process, grains today have more gluten than ever before in history. Again, the grains are no longer sprouted as they were in ancient times. Add this to the processing and removal of all nutrients, and we have a major problem. We are eating something that is difficult for the body to digest.

J. ***Wheat is the #1 cause of food allergies and food intolerances in the western world.*** Anyone with auto-immune conditions, skin conditions, autism, schizophrenia and digestive disorders such as crohn's, colitis, IBS, etc. should immediately eliminate all gluten containing grains from their diet in any form.

K. What processed grains should we avoid?

- All processed foods with wheat, barley, oats, rye (in almost all packaged food items, read the labels)
- All white bread, wheat bread, whole wheat bread, whole grain bread (biscuits, crackers, and bagels included)
- All baked goods with processed flours (cupcakes, donuts, brownies, cookies, cakes, pies, etc.)
- Pasta, pretzels, pizza, tortillas, pancakes and breakfast cereals

L. What are better options?

- Ancient seed grains such as millet, amaranth, buckwheat and quinoa
- Wild rice, brown rice
- Unprocessed oats, like steel cut oats - Better soaked overnight in whey or apple cider vinegar
- Sprouted whole grains such as Ezekial, Genesis 1:29, etc. You can also make your own bread, cereal and pancakes using your own sprouted grains or nut flours
- Nut flours such as almond flour and coconut flour
- Buy your own whole grains, sprout them yourselves and make your own food ideally
- Sourdough and other fermented grains

M. Be careful eating gluten-free. Sometimes this leads to eating another wide variety of processed foods such as rice, sugar, potato starches, tapioca and soy.

N. 85% of corn on the market is genetically modified and not labeled as such, unless organic or clearly stated Non-GMO on the label. When eating corn, eat organic, non-gmo and minimally processed. Examples would include fresh sweet corn, especially from local farmers and organic, non-gmo corn chips and tortillas.

### III. DAIRY

A. The Bible talks often of a "land flowing with milk and honey." This is a reference to abundance, not necessarily milk specifically, but it is clear milk was designed by God to be a food for people, and there are Bible references stating such. Certainly, milk and related products such as cheese, yogurt, kefir, cream and butter have been staple foods throughout history for many cultures.

B. Dairy, unfortunately, has been drastically altered from God's original design as well, perhaps worse than any other food.

C. What are cows and goats supposed to eat? In what natural environment are they most comfortable and healthy? Because of the high demand of dairy related products, and the interest of big businesses to create more products for more profit, the original design is rarely seen in nature any longer.

#### D. The life of a dairy cow.

- An animal can only give milk after giving birth to its offspring
- After birth, calves are taken from the mother within the first two days
- After giving birth, the cow is immediately artificially inseminated so the milk production never stops
- Male calves are worthless to the dairy industry and usually shot and killed, or sent to veal farms where they are raised in a pen with hundreds of other calves and killed while still a baby, usually never seeing the outdoors
- Dairy cows are shot with growth hormones, enabling them to produce as much as 7,000 liters of milk per year, 10X the normal amount needed for her baby calf
- Because of such heavy production, many cows get mastitis, with painful pus and swelling. Antibiotics are administered into the udders, with minimal chance of controlling the infection
- Because of the oversized udders, many cows have foot and leg disorders, often unable to stand
- Most dairy cows live 4-7 years (normal life expectancy is 21 years) and they often die pregnant
- Cows are fed grains, corn and antibiotics to fatten them up quickly

\* This is what we are supporting if we buy grocery store dairy products and eat fast food

E. Not only is the large factory farm dairy industry cruelty to animals, it is also an excuse to create a dirty, unhealthy end product that is full of infection and pus. You do not eliminate the diseased nature of this non-food simply by pasteurizing it. This is one reason there is such a huge intolerance to dairy products today.

F. Processed dairy contains lactose (sugar) and casein (protein) that are often difficult for many people to digest. In a person with a damaged gut lining or congested liver, these cross into the bloodstream creating problems.

G. Milk allergies are very common. It is one of the most problematic foods given to small children. We must first understand that the design of cow's milk or goat's milk is designed for the young of that animal. For this reason, cow's milk is often very hard for human children to digest. In addition, poor animal conditions, pasteurization and homogenization make it nearly impossible for a small child to digest processed milk. Processed cow's milk fed to infants is strongly linked to SIDS (Sudden Infant Death Syndrome), colic, eczema, allergies and Type I juvenile diabetes.

H. However, if consumed raw, the milk is much more tolerable and easily digested. When raw, the living enzymes and nutrition remain intact. The raw milk contains lactase enzymes which break down the lactose. Many individuals who are lactose intolerant are often fine with raw milk products. If you are going to give your child animal milk, I strongly encourage it to only be raw, and ideally goat's milk. Goat's milk is much more similarly structured to human breast milk than cow's milk. ***One of the best products you can give to a child to build and strengthen their immune system is colostrum.***

I. **The beauty of fermentation.** When milk is fermented properly at home, a large amount of the proteins get pre-digested (casein) and the sugar (lactose) gets broken down. The fermentation process makes everything much easier to digest. The fermenting bacteria also builds healthy bacteria colonies which heal the gut lining, produces many b-vitamins, vitamin K and other enzymes.

J. Commercial fermentation should be avoided. They are usually not fermented long enough. They are also very often pasteurized AFTER fermentation which kills the probiotics, destroys the enzymes and changes the structure of the protein, fats and other nutrients in the food.

K. What dairy should we avoid?

- Anything homogenized and/or pasteurized
- Watch cheese consumption. Cheese is hidden in a lot of products
- American cheese is not real
- Cheese substitutes, often full of chemicals and soy

L. What are better options?

- Butter and ghee. Butter has lower lactose levels. It is full of healthy fats and high in Vitamin A and D. Raw butter is ideal. Ghee is clarified butter.
- All raw dairy products from local farmers such as raw milk, raw yogurt, raw kefir, raw cheese
- You can make your own yogurt and kefir!
- Milk alternatives include coconut, rice, almond, hemp, chia, and hazelnut. **Not soy!**

M. The calcium myth. The highest rates of osteoporosis in the world all come from the states with the highest dairy consumption. Processed dairy is very acid forming and pulls alkaline minerals from your bones to balance the acidity, calcium being the most alkaline and available. Calcium from processed milk is not bio-available to the human body. Dairy is very mucus forming because the body is producing the mucus in an attempt to remove something it doesn't want. Where do all animals get their calcium? **GREENS and SUNSHINE are key to healthy bones, far beyond consuming dairy.** The American Dairy Association has done a great job with marketing over the last few decades.

N. I encourage you to explore:

[www.notmilk.com](http://www.notmilk.com)

[www.westonaprice.org](http://www.westonaprice.org)

#### IV. SOY

A. Among natural health practitioners, there is virtually a 100% agreement. Avoid soy, avoid soy, avoid soy. However, it is estimated that 85% of the general public still believes soy is a health product.

B. **The birth of soy as a "health" product.** Large companies, such as ADM milling, began planting large fields of soy to be used as a cheap oil for multiple industrial uses. What was left over from this process was soy protein residues. Although when soy was fed to the animals, resulting in developmental problems and infertility, it was still marketed to the general public as a source of protein and estrogenic benefits in order to generate profit. The main form in which you will find this soy by-product is called "**soy protein isolate.**"

From Wikipedia:

In 1932-33, the Ford Motor Company spent approximately \$1,250,000 on soybean research. By 1935, every Ford car had soy involved in its manufacture. For example, soybean oil was used to [paint](#) the automobiles,<sup>[41]</sup> as well as fluid for shock absorbers. Ford's involvement with the soybean opened many doors for agriculture and industry to be linked more strongly than ever before.

Henry Ford promoted the soybean, helping to develop uses for it both in food and in industrial products, even demonstrating auto body panels made of soy-based plastics. Ford's interest led to two [bushels](#) (120 pounds)<sup>[42]</sup> of soybeans being used in each Ford car, as well as products like the first commercial [soy milk](#), ice cream and all-vegetable nondairy whipped topping. The Ford development of so-called soy-based plastics was based on the addition of soybean flour and [wood flour](#) to [phenol formaldehyde plastics](#).<sup>[43]</sup> A prototype vehicle, colloquially titled the "[Soybean Car](#)", was built in 1941 out of such plastics.<sup>[44]</sup>

C. In 1999 the USDA said soy may reduce the risk of heart disease. The American Heart Association jumped on board as well.

D. What about soy consumption in Asia? 65% of the Japanese diet is fish and rice, the remainder being vegetables. Soy is often **fermented** in the forms of Natto, Tempeh or Miso for 6 months to almost 3 years sometimes. Soy has been eaten in Asia and other cultures throughout history, but it was in its natural form.

E. The processing of soy protein isolate. After removing the fiber, soybeans are put into large holding tanks and washed in acid. The end product is an almost tasteless powder, cheap, easy to use and able to be added to almost anything. Up to 60% of processed foods now contain soy protein isolate.

F. More than 90% of soy world-wide is genetically modified.

G. Summary of just a few of the well-known studied and researched dangers of soy:

- High levels of phytic acid in soy reduce assimilation of calcium, magnesium, copper, iron and zinc. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. High phytate diets have caused growth problems in children.
- Trypsin inhibitors in soy interfere with protein digestion and may cause pancreatic disorders. In test animals, soy containing trypsin inhibitors caused stunted growth.
- Soy phytoestrogens disrupt endocrine function and have the potential to cause infertility and to promote breast cancer in adult women.
- Soy phytoestrogens are potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease.
- Vitamin B<sub>12</sub> analogs in soy are not absorbed and actually increase the body's requirement for B<sub>12</sub>.
- Soy foods increase the body's requirement for vitamin D.
- Fragile proteins are denatured during high temperature processing to make soy protein isolate and textured vegetable protein.
- Processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.
- Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods.
- Soy foods contain high levels of aluminum which is toxic to the nervous system and the kidneys.

H. There are numerous websites, articles and research studies showing the dangers of soy. I recommend starting with the Weston Price foundation: <http://www.westonaprice.org/soy-alert>

***Also research the articles claiming the health benefits of soy. Pay attention to who funded these studies.***

I. Great Plains Laboratory has found that almost every autistic child had extremely high allergies to soy.

J. Soy gained popularity in treating menopause because it contains natural estrogen-like compounds. Although menopausal women may find some relief from soy, it has no use for children. Soy is in everything, including infant formula. According to the Swiss health service, 100g of soy protein is equivalent to a birth control pill. It is like giving birth control to a baby.

K. Regarding soy, I encourage you to look at all the research and information. It appears the dangers outweigh any potential benefit. The question we should ask ourselves is "why do I need soy in my diet?" There are lots and lots of alternatives that are healthy, and not controversial.

L. The beauty of fermentation. If you want to eat soy, focus only on fermented soy, and make it yourself. It is hard to trust grocery stores these days. But choices you could explore would be miso, tempeh and natto.

## V. FOLLOW THE MONEY TRAIL

A. You will find that each of the foods listed here is confusing because in their original form, they were created by God. Unfortunately, they have been altered in such a drastic way, many have become problematic for human consumption. We need to get back to God's original design.

B. Behind each of these foods (wheat and other grains, dairy, corn and soy) we find a common theme. **Big business.** We must always follow the money trail. It is fairly safe to say that if a product is mass produced, used by industry, and found in almost everything, we should be cautious. In each of these foods discussed above, we find this to be the case.

- SOY. Cargill is a huge seller, promoter and advertiser. Nestle Carnation has been traveling to 3<sup>rd</sup> world countries, discouraging mother's from breast feeding, and promoting soy consumption instead. The results have been traumatic. Soy is in over 60% of our food supply.

- WHEAT, CORN AND GRAINS. Because wheat is readily available, binding like glue, tastes good, and cheap, we find it in almost all processed foods. Corn is almost exclusively controlled by Monsanto and sweeteners such as High Fructose Corn Syrup have been a huge contributor to the increase of disease in modern society.

- DAIRY. One of the largest businesses in America is the American Dairy Association. We have been bombarded with milk mustache commercials and slogans like "Milk, it does a body good," for decades now. They have found a permanent home in school lunch programs and it will not change until consumers demand change.

C. We cannot afford to trust our health and the health of future generations to huge multi-national corporations whose only focus is profit, not health. We have relied on a greedy system for one of the most important aspects of human life, our food. We are now seeing the repercussions of this, especially within our children.

***God will change our bodies and our genetics,  
but only through prayer, cooperation and partnership with Him and His original design***

D. Five action steps to consider:

1. Re-think breakfast. Instead of sugary cereals, bagels, toast and muffins; consider omelets, whole fruits, vegetables, green smoothies, buckwheat or quinoa porridge

2. Switch from traditional store-bought milk to alternatives such as coconut, almond, rice, etc. You can make your own!

3. Switch from white bread or wheat bread to whole grain sprouted breads or lettuce wraps

4. Avoid protein isolates in the form of soy and whey. Consider whole food protein choices like sprouted brown rice, pea, hemp, spirulina or chlorella.

5. Find replacements for the things you enjoy. Learn to make pancakes, pasta, pizza, breads and even desserts using whole, unprocessed foods. The internet is full of great options!